## Interdisciplinary Management of Coccydynia in a Pediatric Patient with Anorexia Nervosa: a Case Report

# Montefiore

### Background

- Etiology of coccydynia is local pain due to soft tissue inflammation, sometimes resulting from loss of fat cushion.
- Standard of care: PT/OT, Donut Cushion, Ganglion of Impar Block
- In refractory cases, severity of pain causes functional impairment and debility.

### Case description

- 15 y/o male with non-traumatic coccyx hyperalgesia following 70lb weight loss due to Anorexia Nervosa (AN).
- Functional status evaluation notable for impaired ambulation due to coccydynia, constipation-related pain & poor posture.
- Outpatient course complicated by hospital admission for severe protein-calorie malnutrition.
- Multidisciplinary Treatment plan
  - Osteopathic Manipulative Treatment (OMT)
  - Psychiatry
  - Pediatrics
  - Physiatry
  - Sports Medicine (Injections)
- Age & psychiatric condition limited referral to Pain Medicine service.

Marjorie Morales MS IV, Jeremy Benhamroun-Zbili DO, Michael Hagen MD Department of Rehabilitation Montefiore Medical Center | The University Hospital for Albert Einstein College of Medicine

- and subsequent pilonidal sinus infection.
- injections) as viable treatment options for patients with coccydynia.
- after ten days with improvement of his coccydynia and ability to walk upright without pain.
- necessitating an interdisciplinary and holistic management approach.



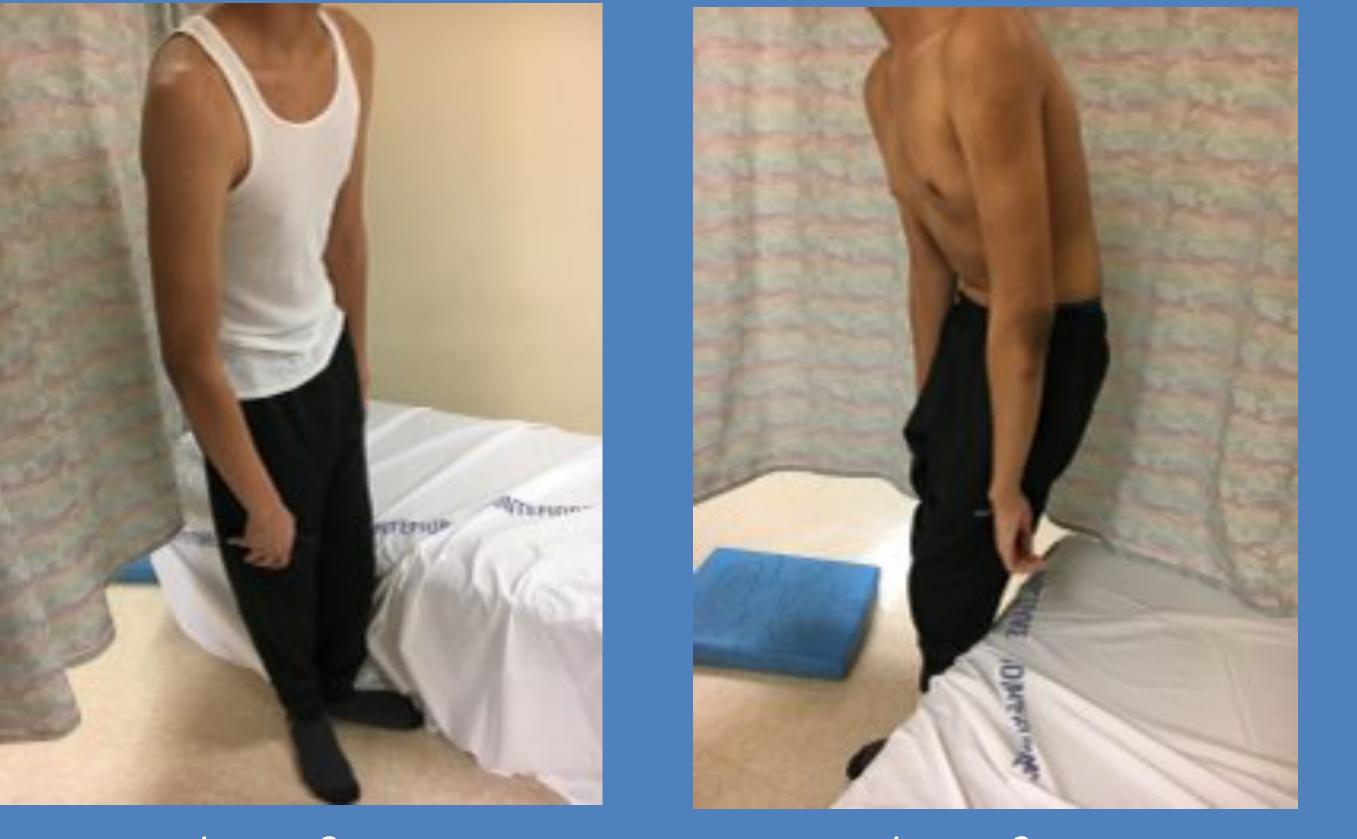


Image 2 Image 1 Images 1-3. Kyphosis impact on posture s/p rapid 70-lb weight loss

### Discussion

This case shows the limitations in understanding the relationship between coccydynia & dramatic BMI changes.

Loss of episacral fat-pad was due to rapid weight loss in the setting of AN, resulting in coccydynia, ischial bursitis,

Patient improvement advocates for OMT and guided injections (bilateral ultrasound-guided ischial bursa steroid

The patient was discharged to an intensive inpatient eating disorder treatment, reaching 86% of his target weight

Patient's psychiatric conditions was a secondary cause of his coccydynia and an obstacle to treatment,

### Images

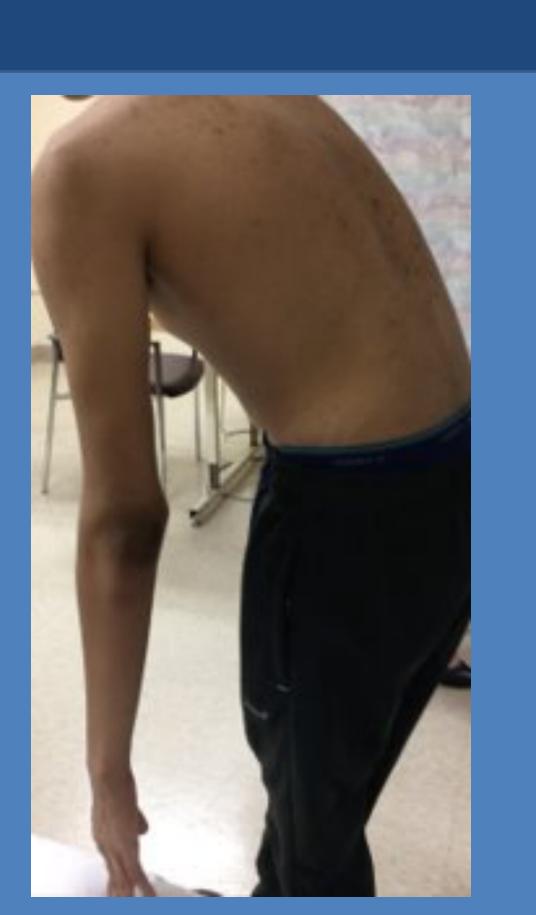


Image 3 Image 4 **Image 4.** Ambulating with functional scoliosis



### Conclusion

- OMT combined with steroid injections are safe options for persistent coccydynia before surgical treatment.
- A diagnosis of coccydynia may impede functional outcomes and secondary issues such as psychiatric conditions should be considered as part of a holistic approach to this multifactorial condition.
- Complicated cases of coccydynia call for multimodal, interdisciplinary collaboration.

### References

- Aggarwal A, et al. . Factors influencing the evaluation and management outcomes of coccygodynia: a literature review. J Back Musculoskelet Rehabil. 2013;26(2):105-15. doi: 10.3233/BMR-2012-00355. PMID: 23640311.
- Mabrouk A et al. Coccyx Pain. [Updated 2020 Sep 25]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan-ncbi.nlm.nih. gov/books/NBK563139/

